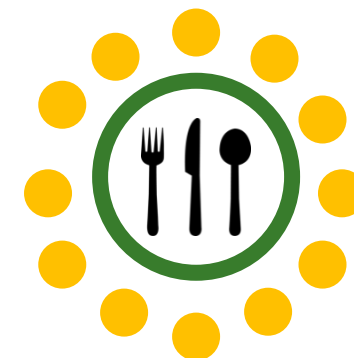


recipe of the week:

Cheddar and Scallion Corn Bread



ingredients:	directions:
1 1/3 cups all-purpose flour	Preheat the oven to 425 degrees. Mist two 8-inch round cake pans with cooking spray.
2/3 cup yellow cornmeal	2. Stir in the buttermilk, oil and egg whites until just combined. Distribute the batter evenly between the pans; sprinkle with the cheddar and scallions.
3 tablespoons sugar	3. Bake 15 to 18 minutes or until a toothpick inserted into the center comes out clean. Let cool and then slice into squares and serve.
1 ½ teaspoons baking powder	
¾ teaspoon baking soda	
½ teaspoon salt	
¼ teaspoon black pepper	
1 cup buttermilk	
¼ vegetable oil	
2 Egg whites, lightly beaten	
1/3 cup grated extra-sharp cheddar	
¼ cup sliced scallions	

Presented by:

